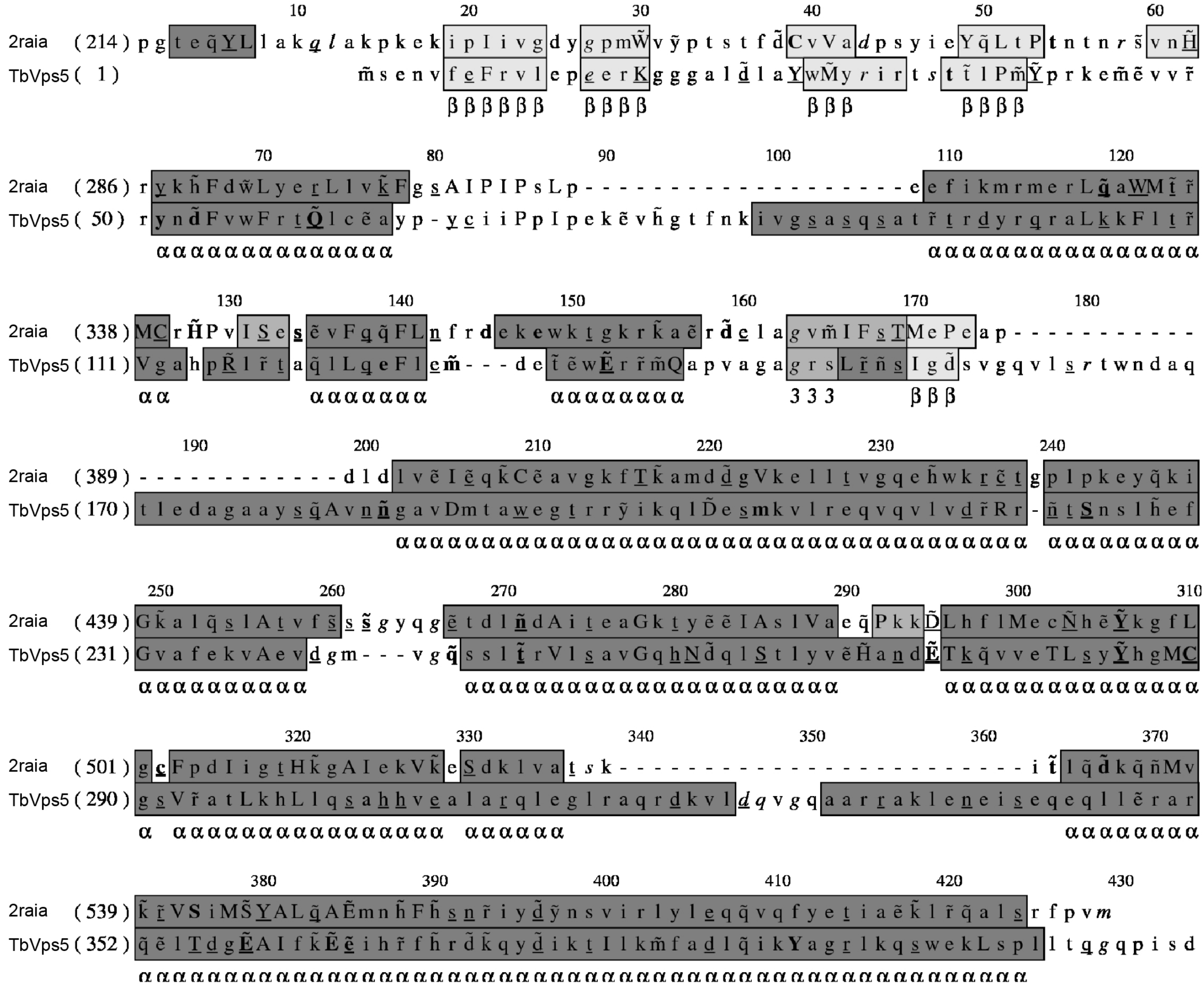

solvent inaccessible	UPPER CASE	X	hydrogen bond to main chain carbonyl	underline	x
solvent accessible	lower case	x	hydrogen bond to other sidechain	tilde	x̃
α-helix		x	disulphide bond	cedilla	ç
β-strand		x	positive φ	*italic*	*x*
3_{10}-helix		x	*cis*-peptide	breve	x̆
hydrogen bond to main chain amide	**bold**	**x**			